

How big is the problem?

- Among older adults, 60% of fatal falls occur in the home, 30% in public places and 10% in healthcare institutions.
- One in three adults 65 and older falls each year.
- Of those who fall, 20% to 30% suffer **moderate** to **severe** injuries.
- Older adults are hospitalized for fall-related injuries five times more often than injuries from other causes.
- More than two-thirds of injury reported deaths after age 85 are related to falls.
- Annually those admitted to a hospital after a fall, only about 50% will survive.

Source: Department of Health & Human Services Centers for Disease Control via http://www.cdc.gov/ncipc/factsheets/fallcost.htm and Carroll Hospital Group Fall Prevention Protocol via http://www.carrollhospitalgroup.com/pages/education.php

How big is the problem?

□ In Nursing Homes:

- Nursing home residents account for 20% of deaths from falls although they make up only 5% of those 65 and older.
- Each year, a typical nursing home with 100 beds reports 100-200 falls; many falls go unreported.
- ■75% of residents fall each year.
- Residents fall more than once; on average 2.6 times per year.
- About 35% of fall injuries occur among residents who cannot walk.

Source: Department of Health & Human Services Centers for Disease Control via $\label{eq:http://www.cdc.gov/ncipc/factsheets/nursing.htm} htm$

Falls, Hip Fractures & Death



- Over 90% of hip fractures are caused by falling.
- One out of five hip fracture patients die within a year of their injury.
- Most patients with hip fractures are hospitalized for about one week.
- Up to one in four adults who lived independently before their hip fracture has to stay in a nursing home for at least a year after their injury.
- □ It is estimated that the number of hip fractures will exceed 500,000 by the year 2040.

Source: Department of Health & Human Services Centers for Disease Control via http://www.cdc.gov/ncipc/factsheets/adulthipfx.htm

Cost of Falls

- □ For those over the age of 72 who are injured in a fall, they can expect to pay on average \$19,440.
- □ Annually, hip fractures cost \$40,000-\$80,000 each.
- □ In 2000, the total direct cost of all fall injuries for those 65 and older exceeded \$19 billion; \$0.2 billion for fatal falls.
- □ By 2020, the annual direct cost and indirect cost of fall injuries is expected to reach \$54.9 billion.

Source: Department of Health & Human Services Centers for Disease Control via http://www.cdc.gov/ncipc/factsheets/fallcost.htm and Carroll Hospital Group Fall Prevention Protocol via http://www.carrollhospitalgroup.com/pages/education.php

Common Causes for Falls

Environmental Factors

- Loose rugs and slippery floors
- Clutter
- Poor lighting
- Lack of hand rails
- Loose shoelaces
- Being in a rush
- Carrying a heavy load
- Pets



Common Causes for Falls, Cont.

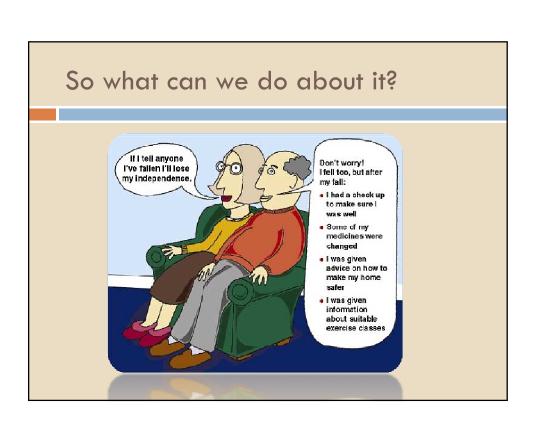
Physiologic Factors

- Balance & Mobility
- Medications
- Poor nutrition
- Arthritis
- Depression
- Vision Problems
- Muscle Weakness (Exercise!)



Fall Risk Assessments

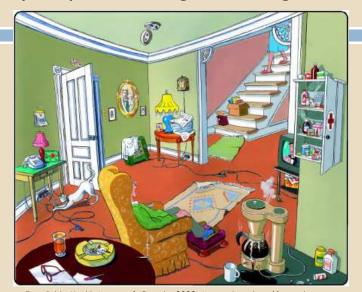
- Morse Fall Scale
- □ Hendrich Fall Risk Assessment
- Hendrich II Scale
- □ Timed Up & Go Test
- Multidirectional Reach Test
 - http://www.stopfalls.org/service_providers/sp_bm.shtml
- Berg Balance Test
- □ Four Square Step Test
- □ Home Environmental Assessment



References

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Can you spot 14 dangerous things in this room?



From Public Health Agency of Canada, 2008. Accessed via: http://www.phac-aspc.gc.ca/seniors-aines/pubs/Safety_Poster/Safety_Poster_e.pdf